

Add One More Vegetable challenge



How might YOU Add One More Vegetable to your day?

As shown in the video, there are so many ways to Add One More Vegetable into your day and every little bit is a great step to better health. Don't hold back - just throw it in!

Use this activity to consider and discuss your favourite meals and how you might Add One More Vegetable to each of them.

What is your favourite breakfast dish?

List ways you could Add One More Vegetable to this dish.

What is your favourite lunch dish?

List ways you could Add One More Vegetable to this dish.

What is your favourite dinner dish?

List ways you could Add One More Vegetable to this dish.

What are your favourite things to snack on?

List some new snack ideas that allow you to Add One More Vegetable to your day.